

The above described preferred embodiments are intended to illustrate the principles of the invention, but not to limit its scope. Other embodiments and variations to this preferred embodiment will be apparent to those skilled in the art and may be made without departing from the spirit and scope of the invention as defined in the following claims.

I claim:

1. A chair seat and standing apparatus for helping relieve and diminish lower back pain and stiffness while seated in a chair or standing in one place, comprising: a seat or standing platform on a pair of pads including a left and right pad, the two pads being positioned for supporting the respective pelvic ilia of the seated person, and means connected to the pads for allowing movement in the pelvis and lower back of the seated person, by balls, round springs or magnets that allow the hip and pelvic motion of walking, which include and allow for pitch, roll, yaw as well as forward and rearward glide of the ilia and sacral bones from one side to the other.

2. The apparatus of claim 1. wherein said means for allowing normal pelvic motion comprises two cushions, a raised 1/4 to 1/2" platform, two balls, rounded springs or magnetic supported cushioned pad for the right and left side of the pelvis. The Spinal Glide ball, spring or magnetic seat and standing device allows opposition of the pelvic bones in a gliding motion only.

3. Springs or rubber balls placed, one to three in the forward section of the seat, two to three in the center on a raised platform to accentuate the gliding and two to three in the back portion to allow full range of motion of the pelvis which are pitch, roll and yaw as well as forward and backward glide only.

4. The seat comprising two sides, three sets of balls, round springs and magnets to enhance and allow full gliding motion of each seat. Those movements only concerned with pitch, roll yaw, forward and rearward glide and medial opposing glide.